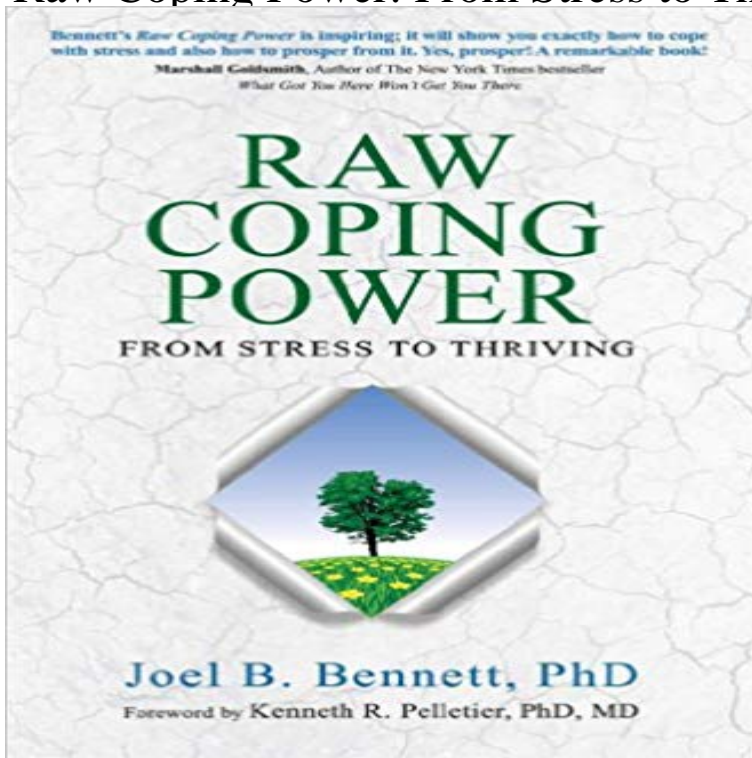


Raw Coping Power: From Stress to Thriving



Raw Coping Power: From Stress to Thriving explores new ways to address the growing problem of stress in society and the workplace. It is both a practical guidebook and resource for anyone interested in mastering stress, including individuals, groups, workplaces, and those who serve them (such as coaches, counselors, trainers, and therapists). Each individual has an innate capacity to transform stress into an opportunity for thriving and flourishing. Stress is both a friend and teacher. We can tap into this truth through reminders, a certain vision, and practice of simple tools. And Raw Coping Power provides all of these with specific encouragement to use over 30 exercises in the tool section. The chapter on the 7 Principles first establishes a foundation of knowledge with different maps borrowed from research. Each principle is discussed with examples, giving readers confidence that our mind-body system is designed to transform instead of succumb to stress. The next chapter translates research from 10 different areas of modern science including neuroplasticity, post-traumatic growth, resilience, social capital, and the authors own studies on team wellness. The Tool chapter gives readers simple exercises, most of which can be completed in 10 minutes and systematically designed to tap into our capacity for resilience. The purpose and background of each tool is described and specific steps are given that make these easy to use. A Resource section also gives many different tips on where and how to get additional help. Much of Raw Coping Power is based in scientific research and a Notes section gives additional citations and capsule clarifications for studies and other references used. A list of definitions also makes this a very useful tool for communicating this innovative approach to audiences who are looking to see stress in a

whole new and positive light.

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